



WASH YOUR HANDS often.

Wash your hands with soap and warm water to help avoid spreading germs or getting the flu.

COVER YOUR MOUTH when you cough or sneeze.

If you use a tissue, throw it away after you use it and wash your hands. If you don't have a tissue, cough or sneeze into your sleeve.



If you **HAVE THE FLU**, it is best to **STAY HOME AND GET WELL.**

That helps stop the spread of flu to others.

Your parents can talk with a doctor or nurse to find out about **FLU SHOTS.**

Getting a flu shot each year is the best way to help prevent getting the flu.

